

Welcome Letter

CWLA is pleased to announce the 2005 series of Competence On Call, the teleconference series that provides a forum to consider critical child welfare issues, disseminate research findings, and inform the field about innovative policy and practice initiatives. Each teleconference will include presentations by national experts along with reports from agencies engaged in challenging and groundbreaking work. Participants will receive extensive, practical resources to use as references both during and after each teleconference.

The Competence on Call series provides agencies with a convenient, cost-effective way to keep staff informed and involved in critical child welfare issues. The registration fee includes one telephone line and a complete set of program materials, which can be copied for each individual participant. The only limit to the number of employees who can participate is the size and acoustics of the room where they will gather and the quality of your speaker phone.

We hope you can join us for what promises to be an engaging and informative series!

National Child Traumatic Stress Network/CWLA Teleconference Series on Child Trauma

Building a Trauma-Informed Child Welfare System

This series will include five sessions from January to May 2005, focused on child trauma. Specifically, we will discuss the developmental impact of child trauma, how knowledge of child trauma can enhance child welfare practice in various settings such as schools and residential treatment centers, and understanding evidence-based child trauma interventions that can be used to treat child sexual abuse. Presenters are all nationally recognized experts and members of the National Child Traumatic Stress Network, which is committed to improving access and increasing the standard of care for traumatized children and families.

Thursday, January 20, 2005, 2:00-3:30 p.m. (EST)

Impact of Traumatic Stress on Children

Presenters

Donna Humbert LCSW
Director

Lekethia Sanford MAE
Child Trauma Therapist

Trauma Intervention Center for Children and Adolescents
Family and Children's Services, Nashville, Tennessee

The Trauma Intervention Program for Children and Adolescents (TICCA) at Family and Children's Services is a member of the National Child Traumatic Stress Network. TICCA was designed to fill the gap in services for children who witness violence and trauma by structuring early identification and providing immediate and ongoing intervention to help mitigate the long-term psychological effects of violence and trauma. The objectives of this training are

- Create an understanding of children who experience trauma in a developmental context.
- Help participants understand how PTSD manifests in children's behaviors.
- Help participants understand the effect of complex trauma.
- Enhance effectiveness with children who are exposed to trauma.

Presenters will impart information regarding normal trauma responses, define PTSD and complex trauma, and illustrate how complex trauma is manifested in children's behaviors and emotions. Additionally, presenters will identify resiliency factors that can be reinforced to aid recovery from trauma.

Thursday, February 24, 2005 2:00-3:30 p.m. (EST)
Essentials of Trauma-Sensitive Child Welfare Services

Presenters

James Henry PhD
Director, Southwest Michigan Children's Trauma Assessment Center

Helen Kimmel MSW
Director, Kennedy Krieger Family Center
Kennedy Krieger Institute

Mark Rains PhD
Psychologist, Mid-Maine Child Trauma Network
HealthReach/MaineGeneral Medical Center

Charles Wilson MSSW
Executive Director, Chadwick Center for Children and Families
Children's Hospital of San Diego

This session provides child welfare workers with an overview of eight essential elements of services to children and their families who have experienced traumatic stress. Through a simulated worker-supervisor consultation, presenters

will explore trauma-specific issues at key points in a case, including some that might be misinterpreted or overlooked. For selected elements, presenters will discuss a rationale for what makes it essential, tips for recognizing a child's needs, evidence-based recommendations for service planning, and "first-aid" suggestions for dealing with urgent situations. The session introduces more extensive resources for child welfare training, supervision, and individualized skill-building training that will be available from the National Child Traumatic Stress Network.

Thursday, March 24, 2005 2:00-3:30 p.m. (EST)

Teaching Trauma Theory and Trauma Treatment to Staff and Children in Residential Treatment Centers

Presenters

David McCorkle CSW
Sanctuary Coordinator, Andrus Children's Center

Caroline Peacock LMSW
Associate Director, Center for Trauma Program Innovation Sanctuary Project
Jewish Board of Family and Children's Services

The presenters will discuss experiential methods for training on topics of trauma theory and treatment, and interactive methods for engaging youth in trauma-based psychoeducation. Topics for staff and youth training will be based on the Sanctuary phase-based recovery model: S.E.L.F. (safety, emotional management, loss and future), and make use of creative techniques, such as music, art, and theater.

Thursday, April 21, 2005 2:00-3:30 p.m. (EDT)

Trauma in Schools, and Trauma-Focused Intervention in Schools

Presenters

Audra Langley PhD
CBITS Training Coordinator
University of California, Los Angeles
Department of Biobehavioral Sciences
Division of Child and Adolescent Psychiatry

Jennifer Wilgocki MS, LCSW
Project and Training Coordinator
Adolescent Trauma Treatment Program
Mental Health Center of Dane County Inc.
Madison, Wisconsin

Across all grade levels, children and adolescents often experience traumatic events in or near their schools. They may also experience traumatic events away

from school and then bring their behavioral and emotional symptoms into school. Trauma symptoms can make learning difficult and may frustrate teachers and support staff. This teleconference will review the effects of trauma on kids in school, and present an example of a skills-based group intervention for children who have been exposed to community violence.

Cognitive Behavioral Intervention for Trauma in Schools (CBITS) is a school-based model that includes education about reactions to trauma, relaxation training, cognitive restructuring, exposure, and social problem-solving. CBITS is designed to reduce symptoms of trauma and improve functioning. The program's outcomes have been published in the Journal of the American Medical Association (August 2003). CBITS is used by school districts in various parts of the country and yields impressive results in the treatment of trauma symptoms.

Thursday, May 19, 2005 2:00-3:30 p.m. (EDT)
Evidence-Based Treatment for Child Sexual Abuse

Presenters

Amy Hoch-Espada PsyD
Licensed Psychologist
UMDNJ-SOM, NJ CARES Institute

Connie Nicholas Carnes
Executive Director, National Children's Advocacy Center

Amy L. Shadoin
Research Officer, National Children's Advocacy Center

The teleconference will focus on two evidence-based models for child sexual abuse treatment: Trauma-Focused Cognitive Behavioral Therapy (CBT) and Forensically Sensitive Therapy (FST). TF-CBT is a treatment approach designed to help children and adolescents who suffered sexual abuse overcome PTSD, depression, and other behavioral and emotional difficulties. The program helps children to learn about sexual abuse and healthy sexuality, process traumatic memories, overcome problematic thoughts, feelings and behaviors and develop effective coping and body safety skills. FST employs evidence-based techniques and is based on the concept of traumagenic dynamics identified by Finkelhor and Browne. It was created in response to the need for a therapy model that can be used effectively with child sexual abuse victims when criminal and civil court cases are actively pending. The approach is designed to help the child heal while still preserving the integrity of the portion of the case that is built upon the child's statements.

For more information visit web site www.cwla.org/